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FAMILY HELP-LINE 1-800-THE KIDS

For more information on parenting and children, visit the New Jersey Task Force on Child Abuse and Neglect on-line at www.state.nj.us/humanservices/cap/njcap3.html

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September

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Notes _____

1 Show that you love and value each member of your family.

2 Promise yourself that you'll never translate angry feelings into physical or verbal abuse.

3 It's important to say "I love you" to your teen. Your children are never too old to hear these words from you.

4 Seek help if your child's behaviors overwhelm you.

5 Set aside time every day when each child has your undivided attention to hear his or her news and ideas.

6 Labor Day Celebrate this last summer holiday with a family picnic.

7 If your children's education is important to you, it will be important to them.

8 Rushing = stress. Make schoolday mornings easier with a routine that doesn't rush you or your child.

9 Make sure your children always have a number where you can be reached, plus a number for a reliable neighbor.

10 Praise your children when they share with others.

11 Take time to answer your children's questions so they won't nag.

12 National Grandparents Day A perfect day for communication between the generations.

13 Parenting is easier when you share child-raising tips and hints with your friends.

14 Most children work better with a homework routine. Help your kids establish a consistent time and place for doing assignments.

15 Rosh Hashanah Begins This is a good time to set family and personal goals.

16 National Hispanic Heritage Month is Sept. 15 to Oct. 15. Name some famous Hispanic Americans and talk about why you admire them.

17 Help family members learn patience with each other and with themselves.

18 Visit the library and check out a kid's cookbook. Let the kids select a recipe to try.

19 Use discipline sparingly. All children react better to approval and affection.

20 Use a child's time frame for time-outs. One minute per child's year of age is a good guideline.

21 Make it a point to meet all the teachers your child will have this year. Parent Teacher Night is a great opportunity for this.

22 Always keep hazardous materials in the original containers and out of children's reach.

23 Join the Parent Teacher Association at your child's school to have a voice in planning and decision making.

24 Babies have their own time clocks, especially for the first six weeks or so.

25 Yom Kippur Tell your children why family traditions are important to you.

26 If you have a pet in your household, encourage your children to share responsibility for its care. Even little ones can help fill the water bowl.

27 Make a commitment to be aware of your feelings and to stay in control.

28 Children know you care when you listen to their hopes and dreams for the future.

29 When parenting is just too stressful, call 1-800-THE KIDS for advice.

30 Make it a goal to have your family eat dinner together every day.